

# Dayananda Sagar College of Arts, Science and Commerce

SM Hills, Kumaraswamy Layout, Bengaluru – 560 111

Department of Commerce - B. Com (UG)

Internal Quality Assurance cell (IQAC)



## Yoga Cell Report of the Event Conducted

Department: B. Com

Date: 21/09/2024

Sl. No.	Particulars	Event related Details			
1.	Event*	Yoga Session			
2.	Title of the Event	Yoga – Meditation and Stress Management			
3.	Date	20 <sup>th</sup> September 2024			
4.	Time	9:00 AM to 11:00 AM			
5.	Venue	Building No. 13,			
6.	Resource Person 1 Details (Profile to be enclosed)	Mr. Pradeep			
7.	Topics Covered	Yoga, Type of diet for managing stress, exam tension and for improving memory			
8.	Resource Person 2 Details (Profile to be enclosed)	NA			
9.	Topics Covered	NA			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:		External:	0
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	86	External:	0
12.	Faculty Coordinator/s	Full Name : Dr. Vadiraja K S Department : BBA / B Com Designation: Assistant Professor			
13.	Student Coordinator/s	Name of the Student: Register Number: Name of the Student: Register Number:			
14.	Total Expenditure (Details to be enclosed)	NIL			
15.	Sponsors and Amount (if any)	NIL			
16.	Agenda of the Event (Attach a copy)	NA			
17.	Provide the link of the report uploaded on College Website				
18.	Providethe links of the report uploaded on				

Sl. No.	Particulars	Event related Details
	Social Media	
19.	Report sent to Newspapers? If yes, provide cuttings/Images:	NA
20.	Certificates Printed? (Attach a copy**)	NA
21.	Feedback Collected? (Attach a copy**)	NA
22.	Attendance Sheet Attached?*	Yes
23.	Summary of the Event (Around 100 words)	On September 20, 2024, a yoga session was conducted to promote the mental and physical well-being of students. Led by Mr. Pradeep, the session covered various asanas, breathing techniques, and relaxation methods. A total of 86 students participated, reporting increased energy levels and reduced stress afterward. The session aimed to Enhance flexibility and balance, Reduce stress and anxiety, Improve concentration and focus, Promote overall well-being. The participants were highly motivated and committed to incorporating the learned techniques into their daily routine. The event successfully fostered a sense of wellness and self-care among students.
24.	Photographs of the Event <small>(About 5 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)</small>	Yes, Attached.

**Notes:**

\* Seminar / Webinar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc.

\*\* Format Copy need to be attached and hard copy need to be filed


\* Original sheet need to be filed and scanned copy should be attached

PS:

- ❖ Whichever column is not applicable, write as NA.
- ❖ If the nothing is done / gained / spent, write as No/Nil.

  
Event Coordinator

  
HOD B. Com

  
12/09/24  
IQAC Coordinator  
IQAC Co-ordinator  
Dayananda Sagar College of Arts,  
Science & Commerce  
Kumara Swamy Layout, Bengaluru - 560 076.

  
Principal



1 Students practising Asana



2 Students practising Asana



3. Students practising Asana



4 Students practising Asana



5. Students practising Pranayam



6. Students practising meditation

Dayananda Sagar College of Arts Science and Commerce  
Kumara Swamy Layout, Bengaluru

Event:- Yoga

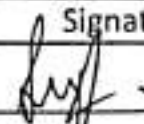
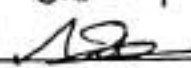
Venue:- Building  
No. 14

Sec:-

B.Com

Date:- 20/9/24

Time:- 9 to 11

Sl No	Register No	Name of the Student	Signature
1	U03CJ22C0303	Supriya.V Lec-C	
2	U03CJ22C0100	Dileep Lec-A	Dileep.M
3	U03CJ22C0344	Nithin.B.S (C)	
4		Anitha.G (C)	Anitha
5		Sanjana (C)	Sanjana
6		Bhavya.R (C)	Bhavya
7		Lakshmi (C)	Lakshmi
8		Noor Fatima (C)	Noor Fatima
9	U03CJ23C0387	Puneetha.Kumar (C)	Puneetha.P.
10	U03CJ22C0354	Shashank.S (C)	Shashank.S
11	U03CJ22C0272	Sohan.D (C)	Sohan
12	U03CJ22C0218	N.Prashanth (B)	Prashanth
13	U03CJ22C0259	Sumanth.Kumar (C)	Sumanth
14	U03CJ22C0093	Syed Umar Ferooz	S.Umar
15	U03CJ22C0278	Mehdi Hussain	Mehdi
16	U03CJ22C0309	N.P. Karthik	(N.P) Karthik
17	U03CJ22C0024	Pavon.A	Pavon
18	U03CJ22C0373	Shoshank.R	Shoshank
19	U03CJ22C0083	Aman Ruj	Ruj
20	U03CJ23C0407	Kiron KU	Kiron
21	U03CJ22C0301	Vijay.R	Vijay
22	U03CJ22C0228	Dayanidhi.S	Dayanidhi
23	U03CJ22C0355	Vignesh.G	Vignesh
24	U03CJ22C0257	Vidwan	Vidwan

25	U03CT11(0153)	Rakul. N B <sup>11</sup> V <sup>11</sup>	<del>_____</del>
26	U03CT11(0162)	Masej. P. B V	<del>_____</del>
27	U03CT11(016)	Mahilic. A <sup>11</sup> V <sup>11</sup>	<del>_____</del>
28	U03CT11(015)	Chandana. G	<del>_____</del>
29	U03CT11(015)	Perabhis. S	<del>_____</del>
30	U03CT11(016)	Brekshita. A. SA <sup>5</sup> M <sup>5</sup>	<del>_____</del>
31	U03CT22(0131)	Abhaya. K. N. B <sup>11</sup> V <sup>11</sup>	<del>_____</del>
32	U03CT22(0129)	Poojari. S. N	<del>_____</del>
33	U03CT22(0154)	Parajwal. N	
34	U03CT22(0137)	Pooresh.	Pooresh
35	U03CT22(0117)	Sunil. G	<del>_____</del>
36	U03CT22(0155)	Hanan	<del>_____</del>
37	U03CT22(0213)	Kiran. N.	Kiran
38	U03CT22(0234)	Kailash. S	Kailash
39	U03CT22(0233)	Mithun Gowda	<del>_____</del>
40	U03CT22(0195)	Aravind. A	<del>_____</del>
41	U03CT22(0221)	Pratibha. G	<del>_____</del>
42	U03CT22(0181)	Supriya	<del>_____</del>
43	U03CT22(0219)	Yashwate Gowda	<del>_____</del>
44	U03CT22(0257)	Gnanesh. M. S	Gnanesh
45	U03CT22(0235)	Mohamed Azeem katpadi	Azeem
46	U03CT22(0212)	Anam Singh	<del>_____</del>
47	U03CT22(0253)	Anam Raj	<del>_____</del>
48	U03CT22(0210)	Arundhan	<del>_____</del>
49	U03CT22(0251)	Roshan Tej	<del>_____</del>







DAYANANDA SAGAR COLLEGE OF ARTS  
SCIENCE & COMMERCE  
Affiliated to Bangalore University



Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore, Karnataka, India, Pin Code : 560111  
Phone : +91 8042161762 / 26661104 Fax: 26660789,  
Website : <https://dscasc.edu.in/>

DEPARTMENT OF B.COM

YOGA CELL

YOGA - MEDITATION AND STRESS MANAGEMENT

NAME: K. Saisodha

REG. NO U03CJ2200265

SEM & SECTION :- Sec - 'E', V Sem

DATE: 20/9/2024

TIME: 9:00 AM

VENUE: BUILDING NO. 14

STUDENT FEEDBACK

The yoga day held in our college was an enriching experience, with 90% of participants rating it as excellent. The expert instruction provided valuable guidance and 85% of attendees found them to good. The event helped 80% of participants experience physical benefits and overall well-being of 95%. would like to see more yoga events on campus. To improve future events suggestions include better communication of event details, more diverse session options and increased frequency of yoga events. The event fostered a sense of community and well-being and we look forward to building on its success.





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DEPARTMENT OF B.COM

YOGA CELL

YOGA - MEDITATION AND STRESS MANAGEMENT

NAME: Priyansi V. Sharma  
REG. NO U03CJ22C0170  
SEM & SECTION 5th 'E'

DATE: 20/9/24  
TIME: 9am.

VENUE: BUILDING NO. 14

STUDENT FEEDBACK

I attended the yoga session which was conducted in the college on 20/9/24. I felt very relieved after the session. It was very soothing for the body & mind. I hope to attend more such Yoga all events in the future.

Thanks.